

Vermont Butter & Cheese COMPANY

NEWS from the Creamery



• **The New York Times**, November 12, 2004, “Cheese for Rocket Scientists, and Others” by *Melissa Clark*

Deborah Racicot, the pastry chef at Gotham Bar and Grill, has been using quark for years...At Gotham, she whips it into a cloud-like mousse and pairs it with summer fruits such as apricots, plums and berries...Bill Yosses, the pastry chef at Citarella, also likes quark as a foil to fruit. Last spring he served a quark soufflé with rhubarb compote.

• **The San Francisco Chronicle**, October 27, 2004, “Fresh Soft Cheese” by *Janet Fletcher*

“In Europe, we use quark a lot in desserts” says Compton Place chef Daniel Humm, who is Swiss. The San Francisco restaurant sells 900 soufflés a month, with seasonal fruit accompaniments like balsamic cherries or oranges and spiced syrup.

Quark

Quark is an 11% butterfat cheese with a smooth and creamy texture. The fresh curd, made with whole milk is drained in cheese cloths and whipped before packaging. Quark has excellent cooking properties and is the best ingredient for a light cheesecake, mousse, sauce or pastry.

Fromage Blanc	Quark	Sour Cream	Cream Cheese	Crème Fraîche
0%	11%	18%	33%	42%



- High protein, low carb, low fat
- Shelf life: 60 days
- Kosher certified
- Foodservice: 6 x 1 lb/case • Retailer: 6 x 8 oz/case
- Ingredients: Pasteurized cows’ milk, culture, enzymes, salt

Menu tips

Breakfast

- Sweeten quark with pure amber maple syrup, spread it on your favorite waffles, and sprinkle with chopped nuts.
- Spread quark between layers of granola, dried figs, fresh pears, and nuts for the perfect breakfast parfait.
- Mix quark with ripe berries and roll the mixture inside a simple omelet.

First Course

- For a quick and easy canapé, blend quark with horseradish, minced parsley, salt, and pepper. Lightly brush crostini with olive oil, layer thinly sliced rare roast beef, and garnish with the spiced quark mixture.

Side Dishes

- Season mashed potatoes with quark instead of butter. Add salt, pepper, lots of dill, scallions and roasted garlic. Delicious with bratwurst and sauerkraut - or anything else!
- Sauté 1-1/2 lbs of fresh spinach in 1 tbsp of butter, crushed garlic, and minced shallots. Season the mixture and fold in a cup of quark. Heat over a low setting and sprinkle with grated parmesan to serve.

Desserts

- Use quark instead of cream cheese in a light lemon cheesecake topped with a cherry coulis.
- Prepare a tropical fruit sorbet using quark for the base and serve with a macadamia nut cake.
- Combine quark with chocolate, amaretto and almond to make a standing mousse.

Recipe from our chef

Spiced Quark Soufflé with Fruit Compote

Ingredients:

Soufflé

- 1 cup Vermont Quark (drained if necessary)
- 2 eggs, separated
- 1 tsp vanilla
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon
- 1/4 cup sugar
- 4 individual ramekins

Compote

- 2 apples, peeled and sliced
- 1/4 cup raisins
- 1/2 tsp ground cloves
- 1/2 tsp cinnamon
- 2 tbsp sugar
- 1/2 cup apple juice or bourbon or a mix of the two

Directions:

Soufflé

Preheat oven to 400 degrees. Butter 4 individual ramekins. Mix quark, egg yolks, vanilla, nutmeg and cinnamon together in a small bowl and set aside. Beat egg whites until foamy using a mixer. Add sugar slowly and beat until stiff peaks form. Add 1/4 of the egg whites to the quark mixture and stir until incorporated. Gently fold quark mixture into the remaining egg whites. Fill each ramekin with 3/4 cup of soufflé mixture. Place filled ramekins in a shallow baking dish. Pour hot water in the dish until the ramekins are 3/4 immersed. Bake for 20 minutes until lightly golden and slightly dry on top.

Compote

Place all ingredients in a small sauté pan. Cook over medium heat until apples are soft and raisins are plump. Eat warm with the soufflé, heavenly with figs!

For more recipes visit our website: www.vtbutterandcheeseco.com

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